November/December 1992 Volume 17, Number 6

News for You

A summary of recent news stories from the University of California, San Francisco

UCSF

Dawn Finch

At the new diagnostic equipment: (back to front) Richard Schmidt, Norbert Kaula and resident Gordon Gluckman.

New Diagnostic Voiding Center at Mount Zion

Incontinence is when a person has problems with bladder control or bowel function. And that is something, "no one should have to worry about," says urologist Richard Schmidt, medical director of a new Diagnostic Voiding Center at UCSF/Mount Zion.

Incontinence is a huge problem for a great number of Americans, he says. Three in 10 women are incontinent after age 65, and 1 in 5 males experiences urinary incontinence following prostate surgery. Moreover, more Medicare dollars are spent on hospital admissions for urinary tract infections and incontinence than on coronary bypass and renal transplants combined, says Schmidt.

The key to effective treatment relies on pinpointing the problem. The Voiding Center offers new ways to diagnose disorders of the complex system which causes voiding problems — a combination of two sets of nerves, the somatic and the autonomic.

The center has a computerized diagnostic system that is head-and-shoulders above the standard equipment in other diagnostic centers. It was designed and developed by UCSF biomedical engineer Norbert Kaula, and provides data and imaging that allows physicians to study voiding mechanisms in accurate detail.

Incontinence is a sensitive subject, and the more privacy, the easier it is on the patient. The new center is large enough to centralize all the diagnostic equipment in one room, so the patient never has to leave the area.

For further information, call 476-3484.

Library Boasts Rodin Sculptures

Allen J. Balderson

Come to the UCSF Library at 530 Parnassus Avenue and you will see 10 works by the most celebrated sculptor of the 19th century — Auguste Rodin. The pieces on display represent different periods, media and styles of the artist's long career.

The exhibit, an extended loan from The Fine Arts Museums of San Francisco, will remain in the library for two years until seismic renovation is completed at the California Palace of the Legion of Honor, where the exhibit normally resides.

The exhibit is sponsored by the Chancellor's Committee on Art, Honors & Recognition, which wishes to thank Mrs. Agnes Albert, Mrs. Patricia Schindler, and anonymous friends who have made the exhibit possible.

"Mammogram" of the Heart?

UCSF is one of only about a dozen centers in the U.S. now using ultrafast computed tomography (UCT) to detect coronary artery disease. It offers the potential for widespread heart disease screening much like breast cancer screening with mammography, says radiologist Charles Higgins.

Ultrafast CT takes about 10 minutes, is highly sensitive in detecting calcium in coronary arteries, is noninvasive, and much less expensive than angiography or stress tests, Higgins says. The test is especially useful in younger patients, he adds, because calcium deposits may appear in arteries of elderly people without coronary artery disease.

UCT, a kind of computer-assisted X-ray, is similar to CT scans used over the last 15 years to look at horizontal "slices" of a patient's body. The beating heart isn't sharply defined in standard CT, but recent computer advances reduce scan time to 100 milliseconds and allows UCT to stop the motion of the heart on the computer screen. The resultant images reveal bright white spots of calcium, a component of the plaque that lines arteries in coronary artery disease.

In Brief

"Friendly Skies" Just Got Friendlier

UCSF is one of four medical and charitable institutions in the Bay Area chosen by United Airlines to be part of a partnership which allows free air travel to children who require vital medical treatment in a city other than their home.

The partnership, which also is designed to fulfill a special wish for a child with a life-threatening illness, is an expansion of United's charitable travel program. For 1992, the program initially allows 50 travel certificates to each institution — UCSF, Children's Hospital-Oakland, Lucile Salter Packard Children's Hospital at Stanford, and Make a Wish Foundation.

UCSF Wins Laurel Heights Appeal

The California Court of Appeal has ruled against the Laurel Heights Improvement Association which claimed that UCSF misrepresented plans for the Laurel Heights campus when purchasing the property in 1985. The request for an injunction charging the campus with misrepresentation was originally filed six years ago by the association. It was one of three cases filed against UC by the group in attempts to block UCSF from moving some of its academic and research programs to Laurel Heights.

Meanwhile, in the only remaining case, the California Supreme Court has agreed to hear UCSF's request to reverse a recent court order requiring the campus to recirculate the latest Environmental Impact Report, which details plans for the site. UC lawyers argue that the order was not based on any clear legal standard.

Mount Zion SEIR to Regents

After several community meetings and a formal "on the record" public hearing, UCSF is expected to submit the Final Subsequent Environmental Impact Report (SEIR) on Mount Zion to the UC Regents at their November 19-20 meeting in San Francisco. The final SEIR concerns proposed changes in construction at Mount Zion and will include public comments and UCSF's responses to those comments. Principal proposed changes in construction from the hospital's original development plan of 1990 include temporarily keeping the Pavilion building at 2356 Sutter Street as an interim outpatient cancer center, plus leasing or purchasing land to construct a research center, medical office space and parking. For further information call UCSF Community Relations at 476-3206.

Alzheimer's Study Needs Subjects

The UCSF School of Nursing is seeking Alzheimer's patients and their caregivers for a six-week study on sleep disruption.

Nighttime awakenings, daytime sleepiness and afternoon, evening or nighttime wandering pose major problems for many caregivers and often result in early institutionalization of people with Alzheimer's. The study will test methods for decreasing such sleep disturbances.

Participating Alzheimer's subjects must be female, age 65 to 85, live in the community and be cared for primarily by one person (e.g. husband, daughter, paid attendant).

For further information, call Glenna Dowling or Carolyn Wiener at 476-4651.

More News for You
on the back page

What's happening

November/Decem
A bimonthly calend
events at UCSan F

Special Events

Sun., Nov. 8
UCSF Orchestra Fall Concert. Featuring works by Mozart, Barber & Rachmaninoff. With guest pianist Yulia Gorenman. $4/$7. Knuth Aud., SF State Univ., 1600 Holloway. 7:30 p.m. Call 476-2542.

Thurs., Dec. 3
Third Annual Holiday Crafts Faire. Sponsored by UCSF Employee Activities Program. Millberry Gym, 500 Parnassus. 10 a.m.-5 p.m. Call 476-2675.

Tues., Dec. 8
Holiday Concert. "Concentus," a choral chamber music group, performs Christmas music from the Medieval period through the 20th century. Includes sing-along & refreshments. Lange Reading Rm., UCSF Library, 530 Parnassus. 5:30 p.m. Call 476-2542.

Community Health Talks

A series of free lecture/discussions sponsored by Public Service Outreach Program. Held at UCSF-Laurel Heights (LH), 3333 California St.; Herbst Hall at UCSF/Mount Zion (MZ), 1600 Divisadero; or the Parnassus campus (P) in Rm. 300, Health Sciences West, enter through 513 Parnassus. 7-8:30 p.m. Free parking available. Call 476-3208 to register.

Thurs., Nov. 5
Cancer & AIDS. (MZ)

Thurs., Nov. 19
Sex, Drugs & Rock 'n' Roll. First in two-part series on adolescents. Includes discussion of risk-taking behavior involving cars, drugs, sexuality & more. (P)

Thurs., Dec. 3
Who's In Charge? Second in adolescence series focuses on limit-setting, discipline, adolescent development & more. (LH)

Art Exhibits

Through Nov. 30
Paintings & Drawings by Juliane Poirier. On display at the Faculty/Alumni House, 745 Parnassus. 9 a.m.-5 p.m. Call 476-4723.

Hospitals Auxiliary Art Exhibit. On display in the lobby of Moffitt/Long Hospitals, 505 Parnassus, during November will be handmade paper collages & various prints. The December display will feature oil paintings, mice prints, panda prints & 1993 calendars. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

Volunteer Orientation

Program to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Held in Langley Porter Psychiatric Institute Auditorium, 401 Parnassus. For further information call 476-1196.

Tues., Nov. 10, 9-11 a.m.
Tues., Nov. 24, 5:30-7:30 p.m.

Breast Cancer Screening

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $60. Your physician's approval is required, plus his/her full name, address & telephone number to assure results are mailed promptly. Appointments must be made at least one month to six weeks in advance. Find out when the van will be in your neighborhood by calling 476-2193 between 9 a.m. and 3 p.m., Monday through Friday. A $50 mammography screening also is available at the Mount Zion Medical Center of UCSF Radiology Department. Call 885-7710.

Lakeside Senior Center Lectures

Free lectures held on Wednesdays at 10 a.m. at Lakeside Presbyterian Church, corner of Eucalyptus & 19th Ave., near Stonestown. Call 586-8600.

Nov. 4
Medicare Update.

Nov. 18
Leaving It to Charity. Learn about the "charitable remainder trust" and other timely legal topics.

Dec. 2
Tuberculosis: Why Are We Hearing About It Again?

Dec. 9
Strong As You Used to Be? Can a growth hormone increase mobility, functional capacity & independence?

Dec. 16
Crime Statistics. What crimes are occurring in your neighborhood?

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, November 3, 10, 17, 24 and December 1, 8, & 15. Those interested should meet in the lobby of Medical Sciences, 513 Parnassus. For further tour information call 476-4394.

Institute of Healing Arts & Sciences

All talks are free and held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Workshops take place in Rm. 130, Clinical Sciences Bldg., 521 Parnassus. Call Marie Lehrer at 584-4416 for details & to register for workshops.

Wed., Nov. 4
Workshop: Hindu Astrology. $25. 7-10 p.m.

Nov. 6
Research Your Own Health: Consumer Medicine in the '90s.

Nov. 13
Past Life Dramas & Healing Metaphors. Learn to recognize the many guises of fear & develop self-love.

Nov. 20
Breathing for Health. Focus on changing breathing patterns that impede health.

Baptiste Method Yoga Class for Mind/Body/Spirit. Offered Monday-Friday in Rm. 130, 521 Parnassus at 5:30 p.m. Saturday morning classes also available. First class free. For prices & pre-registration call 387-6833.

Transcendental Meditation & Higher States of Consciousness. Lecture & video presentation first Monday of each month. Rm. 517, Nursing Bldg., enter through 521 Parnassus. 7 p.m. Call (510) 548-1144.

Cancer Referral Hotline

The UCSF Cancer Referral Service enables cancer patients to place just one telephone call and learn the names of UCSF doctors specializing in the kind of treatment they need. Call 1-800-888-8664.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-3902.

Living with HIV Public Forums. Call for schedule.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS or HIV infection, in a risk group or otherwise affected.

Women's Programs

Unless otherwise noted, events are sponsored by UCSF Women's Resource Center. For more information on events & support groups call 476-0400.

Tues., Nov. 3
Chink Chicks/American Women. Video looks at the stereotypes of Asian women in Hollywood. Toland Hall, 533 Parnassus. Noon-1 p.m.

Wed., Nov. 11
Full-Figured Women: Have You Come a Long Way, Baby? Learn to combat sizism, sexism & racism & build inner strength. Cole Hall, 513 Parnassus. Noon-1 p.m.

Thurs., Nov. 19
When Crime Pays . . . The Victim: Civil Remedies for Uncivil Crimes. Sponsored by Rape Prevention Education Program. Toland Hall, 533 Parnassus. Noon-1 p.m.

Thurs., Nov. 19
Women's Voices: Debra Chasnoff on Filmmaking. Oscar-winning filmmaker discusses the relationship between print & visual media. $7-$12. Co-sponsored by Old Wives Tales. Toland Hall, 533 Parnassus. 7:30-10 p.m.

Your Money Matters. A series of four sessions. $16 for series or $5 per session. Rm. 517, Nursing Bldg., enter through 521 Parnassus. Noon-1 p.m.

Fri., Nov. 6
Surviving the Budget Crunch in the '90s.

Fri., Nov. 13
Mutual Fund Investing Made Simple.

Fri., Dec. 4
Easy Strategies to Avoid Overpaying Taxes.

Fri., Dec. 11
Panel Discussion: Lifetime Financial Decision-Making. Call (510) 724-6916 for more information.

Senior Health Education Program

Held at various SF senior centers, these free lectures are given by UCSF staff and focus on today's health issues. Call 476-4394.

Look Good, Feel Better

This program provides expert advice on makeup, wigs & the use of turbans to people who have undergone chemotherapy or radiation and have lost or are losing their hair. Held the first Monday of each month in the 11 Long Solarium, Long Hospital, 505 Parnassus. Co-sponsored by the American Cancer Society and supported by the Donna Smith Fund. Call 476-1383.

Brown Bag Lectures

A series of free lectures held weekly on Wednesdays at the Parnassus campus (P), Rm. 300, Health Sciences West, enter through 513 Parnassus; monthly on Thursdays in Rm. 125, UCSF-Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, Mount Zion Medical Center of UCSF (MZ), 1600 Divisadero. All lectures held at noon. For further information call 476-4394.

Nov. 4
New Developments in Cosmetic Dentistry. (P)

Nov. 11
Assisted Reproductive Technology. (P)

Nov. 17
Back Problems Shouldn't Be a Pain. A different approach to the diagnosis & treatment of back pain. (MZ)

Nov. 18
The Return of Tuberculosis? (P)

Nov. 19
Dependent Care for the '90s. Where do you start looking for services? (MCB)

Nov. 25
The Healing Power of Gratitude: A Holiday Special. (P)

Dec. 2
The World's Rainforests: Life Support System of Our Planet. Explore our interconnectedness with the rainforests & how we can help preserve them. (P)

Dec. 9
The Importance of Touch to Infant & Child Development. (P)

Dec. 10
High Cholesterol: What to Do About It. (MCB)

Dec. 15
As You Age: Give Your Health a Fair Shake! What steps you can take to promote health & prevent illness. (MZ)

Personal Safety

The following presentations are available by appointment to community groups or at individual workplaces:

Crime Prevention. Presented by UCSF Police Department. Call 476-5683.

Self-Defense Classes & Sexual Assualt Prevention Education. Presented by UCSF Rape Prevention Education Program. Call 476-5222.

Survivors Support Group. Looking at how sexual assault can affect day-to-day life. Sponsored by Rape Prevention Education Program. Twelve consecutive sessions. $5-$25. Call 476-5222 for class dates, time, location and registration.

CPR Training

"Save A Heart" Program. CPR classes sponsored by UCSF CPR Center. Rm. 229, Nursing Bldg., enter through 521 Parnassus. Classes are from 9 a.m.-1 p.m. or 6-10 p.m. $20. For class schedule, information & registration call 476-1817.

CPR Road Show. Traveling CPR instruction by volunteer instructors sponsored by the UCSF Center for Prehospital Research & Training. Call 476-8502.

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UC San Francisco

Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, 513 Parnassus. Prices run from $2 to $3.50. Movies subject to change. Call 476-2542.

A League OF THEIR OWN

Nov. 5 at 5:45 & 8:30 p.m.
Nov. 6 at 6:30 & 9:15 p.m.
A League of Their Own.

Nov. 12 at 5:45 & 7:45 p.m.
Nov. 13 at 6:30 & 8:30 p.m.
Pinocchio.

Nov. 19 at 5:45 & 8 p.m.
Nov. 20 at 6:30 & 8:45 p.m.
Prelude to a Kiss.

Dec. 3 at 5:45 & 8 p.m.
Dec. 4 at 6:30 & 8:45 p.m.
Casablanca. (Celebrate the film's 50th anniversary.)

Recreation & Fitness

The holidays are a time of good cheer, but also can be a time of increased emotional and physical stress. Exercise is a good way to maintain good health and spirit during the holidays. Exercise classes are held at Millberry Fitness Center, 500 Parnassus. Call 476-1115 for more information and a free brochure.

Great Expectations Programs for Parents

The UCSF Birth Center offers special video presentations for expectant parents in Rm. 326, Ambulatory Care Center, 400 Parnassus. 7-8:30 p.m. Call 476-MOMS for registration & information. Also call for details about San Francisco Mothers of Twins Club.

Wed., Nov. 18
Labor Support & Medication During Childbirth. Video presentation of "Birth Through Father's Eyes."

Outdoors Unlimited

Outdoors Unlimited is a cooperative resource center for outdoor recreation and adventure, serving both the UCSF campus and the general public. It provides skills training, equipment rentals, trip planning information and a place to meet others with similar interests. To receive a quarterly listing of Outdoors Unlimited trips and clinics, call 476-2078.

UCSF

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Kiva wore out some two dozen artificial legs during his frequent walks around St. Petersburg.

Stalingrad.

The name endures as an epic battle of World War II. It was a desperate fight for the Russian heartland. And among the war's bloodiest. The casualties numbered hundreds of thousands.

Kiva Oksman was one of those casualties. One moment, the then 19-year-old, Red Army sergeant was riding in a Soviet troop carrier. The next moment, he was lying on the ground, his legs shattered, a victim of a German artillery shell.

Kiva lay there for two days. By the time his comrades picked him up, his legs had turned a lifeless blue. Soviet medicine saved his left leg, but not the right. Kiva's right leg was amputated above the knee, and he received an artificial one in its place.

A strong, determined man, Kiva wore out leg after leg—some two dozen in all—during his frequent walks around St. Petersburg, where he settled after the war.

Kiva and his wife, Esther, moved to San Francisco last March as part of a third wave of Russian Jewish emigration. His daughter and grandson arrived several years ago.

The calm and orderly Orthopaedic Appliance Facility at UC San Francisco is a long way from Stalingrad. Or even the social turmoil of present-day St. Petersburg. But more important than the atmosphere is the presence of prosthetics director Roger Weber, who in late September, replaced Kiva's old prosthesis with a new, modern one.

The old prosthesis was made of steel and wood and weighed 15 pounds. Kiva kept it on with the help of an over-the-shoulder strap and despite continuous replacement, the prosthesis was not much different than the first artificial leg Kiva had received nearly 50 years ago. The leg's design was not only old but, because of its weight and suspension system, caused Kiva back pain.

The new UCSF prosthesis weighs significantly less and is decades ahead in design. The leg socket, for example, is made of lightweight, durable plastic molded to Kiva's thigh. The knee and ankle joints are made of titanium, a very strong, lightweight metal and were adjusted to fit Kiva's gait. The main stem also is aluminum. Even better, Kiva can strap on the new leg using a velcro waistband. No more painful shoulder strap.

With his new prosthesis, Kiva now can walk farther with less effort. He and Esther like to take walks in Golden Gate Park. Maybe not the six miles he was used to in St. Petersburg, but still far enough to enjoy the park's meadows, trees and flowers.

Adjusting to a new life in San Francisco, and a new language, has been hard for Kiva. Fortunately, though, walking has become a lot easier.

—Marshall Krantz

(For more information about UCSF's Orthopaedic Appliance Facility, please call 476-1788. On December 15, a satellite facility serving UCSF/Mount Zion Hospital will open at 3110 California Street.)

Tom Wachs

To Our Neighbors

November/December 1992

New Center Provides Help for Those with Incontinence

Rodin Exhibit in Library

Children Very Confused About AIDS

University of California, San Francisco
513 Parnassus Avenue, San Francisco, CA 94143-0462

More News for You

Cleveland Glover

Sue Johnson interviews a young student.

Children Very Confused About AIDS

"AIDS is caused by germs, and you can get it just like you catch a cold" is one of the many misconceptions elementary school children have about this devastating illness, according to new research by UCSF pediatrician Sue Johnson.

Elementary school children obviously are very confused about what causes AIDS and how the disease is transmitted, says Johnson. "The older the child, the more sophisticated she or he was in understanding AIDS, but we still were surprised at the number of misconceptions at all age levels," she says. "This indicates a great need for quality educational programs specific to each grade."

How do you catch AIDS from someone? According to these uninformed youngsters — drinking from the same cup (79%), from being coughed on (56%), kissed on the cheek (53%), being touched by the person's hand (46%), sitting next to the person but not being touched (18%).

A few youngsters in the study knew that AIDS could be transmitted through sexual activity, but described this as only hugging and kissing. Many knew that AIDS could be transmitted from "dirty" needles in drug use, but had no concept of a needle being contaminated with HIV, instead they thought the needle was rusty or had fallen on the ground.

"Some children had a fairly good developmental understanding of certain common health problems, but with AIDS they had odd bits and pieces of information that they tried to put together themselves, usually with poor results," Johnson says.

The UCSF study involved 239 children in the first, third and fifth grades at two public elementary schools in Oakland, CA.

Detecting Breast Implant Leakages

If you are a woman with a silicone breast implant, you may be able to help UCSF's Radiologic Imaging Laboratory. Physicians in the lab are looking for volunteers to evaluate Magnetic Resonance Imaging — MRI — in the detection of silicone breast implant leakages. MRI will be performed in what physician Leon Kaufman describes an an "open air," noiseless unit. For further information call 952-1366.

"Suc Khoe La Vang!"

Several Vietnamese teenagers have made a 30-second public service announcement to warn against the dangers of second-hand smoke. It was made for the UCSF Vietnamese Community Health Promotion Project to be aired on Vietnamese-language TV.

Anh Le, tobacco education coordinator of the Project who helped direct the production, says that a survey completed in 1988 found that 56% of Vietnamese men smoked, which was more than twice the rate among men in California in general. However, thanks to the efforts of the Vietnamese Project, that figure, especially in San Francisco, has dropped substantially over the last four years.

The commercial ends with everyone saying, "Xin Dung Hut Thuoc Suc Khoe La Vang," which means "Please Don't Smoke, Health is Precious."

For further information, call 476-1202.

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